

Shaping the Contemplative Educator

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COURSE INTEGRATION AND PROFESSIONAL DEVELOPMENT SESSIONS

- Over the course of a year, several contemplative practices have been
 - integrated into education courses (Undergraduate Assessment and Graduate Methods Courses) and
 - a focus of Professional Development sessions (face-to-face and virtual) for teacher candidates.

CONTEMPLATIVE PRACTICES

- Activities are viewed through the lens of this definition of contemplative practice for this conference and connected to the [Tree of Contemplative Practices](#).
- The ideas and activities shared can be adapted for individual courses in any content for emerging adults or for professional development related to social-emotional learning, mental health and wellness, and student resilience.
- [Examples:](#)
 - weekly check-ins and reflections,
 - contemplative questioning,
 - discussion circles,
 - meditation and mindfulness practice (including [KORU Mindfulness](#)).

BENEFITS/SUCCESSES/CHALLENGES

- KORU Research
- Reduced stress with consistent practice.
- Less reactive in emotionally charged situations.
 - Class feedback of increased feelings of connection to peers.
- Attrition
- Lack of Response or Over-response to reflective questions
 - Reframe questions.
- Less verbal participation in virtual sessions.

